

Nurturing Parenting® Programs Facilitator Training



Theresa Wilson Hasting

National Trainer/Consultant – Nurturing Parenting® Programs



PROFILE

Theresa Hasting has been a trainer/consultant for the **Nurturing Parenting® Programs** since 2011 and has facilitated Nurturing Parenting Programs since 2008, utilizing individual parenting, in-home parenting, and group parenting curriculum. Theresa specializes in working with young people and their parents who have attachment difficulties, trauma histories, and emotional and behavioral dysregulation. Theresa's passion is working with youth and families to facilitate healthy relationships between individuals and for individuals with themselves.

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For more detailed information on the training and registration information, [Click here.](#)

The **Nurturing Parenting® Programs** are recognized by the National Registry of Effective Programs and Practices, the Substance Abuse–Mental Health Services Administration and the Office of Juvenile Justice and Delinquency Prevention.

Dates: February 7-9, 2022 (Registration & Payment due by January 21, 2022)

Cost: \$325 (Limited to 20 participants)

Location: Virtual Training

3 DAY WORKSHOP DESCRIPTION

NBCC CLOCK HOURS: 18

NURTURING PARENTING® PROGRAM FACILITATOR TRAINING HAS BEEN APPROVED BY NBCC FOR NBCC CREDIT. SOULTENDING SERVICES, LLC IS SOLELY RESPONSIBLE FOR ALL ASPECTS OF THE PROGRAM. NBCC APPROVAL NO. SP3601.

Times (Central Time):	8:30 a.m.	Registration (Day 1 only)
	9 a.m. – 12 p.m.	Training Session
	12 – 1 p.m.	Lunch on your own
	1 – 4 p.m.	Training Session

This training will focus on incorporating the philosophy, skills and strategies of nurturing parenting. Participants will learn how to design home-based and group-based parenting programs utilizing the proven lessons of the **Nurturing Parenting® Programs**. This is a hands-on approach to conducting home and group-based Nurturing Programs that includes facilitating weekly sessions, how to use program materials, videos and assessment tools, children's and parents' program activities, family home practice assignments, icebreakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, and building self-esteem, self-concept and empathy in parents and children. Participants will learn how to use the online version of the Adult-Adolescent Parenting Inventory (AAPI-2) to gather pre and post-program outcome data.

Learning Objectives

1. Participants will learn and be able to explain the six protective factors that reduce Child Abuse and Neglect as established by the Center for the Study of Social Policy and related how Nurturing Parenting Programs address these in their curriculum.
2. Participants will learn and being able to explain the 5 constructs of Nurturing Parenting Programs, how these apply to child abuse prevention program, and feel prepared to facilitate the Nurturing Parenting Program curriculum to address them.
3. Participants will learn about and be able to explain how trauma impacts the brain, body, beliefs, and behaviors.
4. Participants will learn about attachment theory and attachment styles and being able to explain their relevance to parenting and child abuse prevention.

Nurturing Parenting® Programs

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations.

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI has proven invaluable in assessing the parenting attitudes and child rearing beliefs of parents and adolescents. It provides scores that profile parents at risk for abusing and neglecting children.

Philosophy of Nurturing Parenting®

The philosophy of Nurturing Parenting emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing Parenting is founded on seven principles:

Feelings of Attachment: Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.

Empathy: Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.

Nurturing Oneself: Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.

Gentle Touch: Research has shown that children who experience warm and gentle touch in the form of hugs, pats and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of their self.

Discipline: Setting limits through family rules, teaching right from wrong through family morals and teaching respect and worth through family values are part of a nurturing family. Discipline cannot be imposed, beaten into or forced upon children but rather develops best by children modeling their parents whose example they admire.

Expressing Feelings: Helping children and adults learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.

Expectations and Self-Worth: Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn they are competent people, capable of pleasing others important in their lives.